

# BENT RIM BUGLE



*The official newsletter of the MMBA - Issue #69 - Fall 04*



*The Trail Ahead pg. 2  
Mountain Kids pg. 15  
Chapter Chatter pg. 16*





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The Michigan Mountain Biking Association (MMBA) is a 501-(C)(3) non-profit organization. We have 1,600 members in nine chapters throughout Michigan. The mission of the MMBA is to promote responsible mountain biking and to work toward the goals of common land access and natural resource protection through interaction with policy makers, the cycling industry, race promoters, mountain bikers and other trail users.

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### **Bent Rim Bugle**

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Letters/Comments/Submissions  
Bent Rim Bugle

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DAN HARRISON

# The Trail Ahead

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## What's a Tomorrow Worth?

It's the end of August, and summer is here at last-- muggy, buggy and hot, as if it were trying to pack three month's worth of extremes into the last couple of weeks of its allotted time. We are creatures of habit, hard-wired in our genes to expect an orderly succession of seasons. A "year without a summer" is an aberration, a rip-off.

Probably the biggest non-hit of our non-summer was the eco-disaster flick, "The Day After Tomorrow." Talk about no summer! Would you believe, Instant Ice Age? No? Apparently, nobody else did, either. But I figure the real reason it failed wasn't the silly plot, or the awful acting, the hokey special-effects, or the preposterous pseudo-science. What ultimately strained our credulity was its title. Nowadays, you can hardly get people to think about tomorrow, let alone the day after.

Nevertheless, I'll give it a shot. IMBA has just unveiled a new ad campaign, with the slogan "What would we do without trails?" Check it out at [http://www.imba.com/resources/logos/ad\\_contest.html](http://www.imba.com/resources/logos/ad_contest.html). The posters are hilarious, and you can even win a Salsa singlespeed by coming up with your own version. But the message is serious. It's one thing to trigger an Ice Age-- hey; we'll just get studded tires. But take away our trails? Man, that's REALLY cold.

There are two things we need to ensure the future of our sport: trails, and people to ride them. Just by being a member of the MMBA, you've shown your commitment. Your dues help us maintain a presence in Lansing, at City Hall, and even in Washington, D.C. Sometimes though, those dues are just a down payment on the future. Two of our finest programs need special help.

The Mountain Kids program is practically a victim of its own success. We've staged more events this year than ever before, and program director Sarah Manning is actually unable to keep up. There is enough demand to set up a second operation in the north. Yet this success comes at a price. The bikes take a beating-- as they should-- and need to be repaired, or replaced. There are giveaways and supplies to purchase, and wear and tear on the trailer. Sponsors alone can't cover the costs.

The "First Across the Finish Line" program is one of the signature features of the MMBA: recognition given to the volunteers who make the trails happen, and keep them open. While we know that our noble FAFL trailhogs are not motivated by a lust for schwag, it's understood that an annual token of recognition for a job well done is the least we can do. Unlike our Championship Points Series, the FAFL program generates no revenue.

But that's not all, you tell me. One of the hotter topics in the Advocacy Forum at [mmba.org](http://mmba.org) is-- how to build up our membership. Many good

continued on page 5



# **News from the Executive Director – Todd Scott**

## **Updates from the MMBA Office**

### **New DNR Director**

The DNR has a new director, Rebecca Humphries, the former chief of the Wildlife Division. Also, her Chief of Staff is Dennis Fox, whom we've worked with briefly when he was with the Michigan United Conservation Clubs (MUCC), and her Chief Deputy is Dennis Fedewa. At this point, we really don't know how these changes affect mountain biking within our state, but we're not expecting anything major. The major issue on the horizon is still DNR funding.

### **Pontiac Lake Parkland Replacement**

Pontiac Lake State Rec Area is going to lose about 50-some acres of land along Williams Lake Road. It doesn't affect trails, but we're still making sure it gets replaced.

We've decided to push the DNR to replace the land at Pontiac Lake. They are looking into some adjacent properties. We also suggested they look at acquiring land that would allow a trail/greenway connection between Pontiac Lake and Highland for all non-motorized trail users. There's a power line that nearly connects the two which might be usable. Such a trail could also connect with Proud Lake and the Lakes Trail (formerly known as the Multi-Jurisdictional Trail.) The Lakes Trail is the one that goes through the Commerce Township trails.

### **Ionia Management Plan**

DNR Parks is moving right along in developing management plans for all its parks. The draft version of Ionia's is now completed and the Mid-State Chapter says they're fairly pleased with the result. They hope to lengthen the eastern trail loop and make it more of a destination point for mountain biking.

### **State Forest Pathway Funding**

We monitor state legislation that affects mountain biking. While reviewing a recent 100-plus page bill (!) we noticed State Forest Pathways (e.g. Shingle Mill, North Country Trail) were going to potentially lose \$800K per year in funding. We contacted the bill's sponsor and got the inadvertent change corrected.

### **Senator Birkholz Meeting**

Senator Patty Birkholz chairs the Natural Resources and Environmental Affairs Committee and was elected as President Pro-Tempore of the Senate by her peers (i.e. she's her third in charge behind the Governor and Lieuten-

ant Governor.) We met with the Senator and gave a brief introduction to the MMBA and what our goals are. DNR funding is a big concern with Senator as well and we discussed possible solutions. She was very impressed with our MMBA Trail Handbook and asked for 50 MMBA copies that she could hand out to her constituents (and possibly her sons, who mountain bike from time to time.)

### **North Country Trail**

The North Country Trail Association's Executive Director Bob Papp has accepted a new job with Grand Valley State University. Bob has guided the NCTA for the past 8.5 years. While we didn't share the hiking-only vision, we still managed to work together on a number of items for the betterment of both groups. We wish him the best in his new job.

### **OLN Tour Parties**

Thank you to everyone who attended our OLN Tour de France viewing parties in Sterling Heights and Royal Oak. Together we raised \$375 for Mountain Kids and another \$375 for Back Alley Bicycles in Detroit.

### **Stony Creek Skills Park**

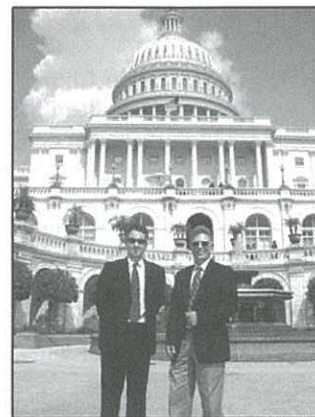
Metroparks Safety Committee is still reviewing our Skills Park proposal for Stony Creek. It doesn't look like it'll be approved in time for construction this summer. We've recently collected some examples from the City of Breckenridge's Freeride Park and forwarded them to Stony.

### **IMBA Summit**

Earlier this month, Dan Harrison (MMBA President) and I attended the IMBA Summit in Washington DC.

The first couple days of the Summit were devoted to seminars on all aspects of mountain bike advocacy. I shared some MMBA success stories on a couple seminar panels: partnering with equestrians and making organizations more professional.

The third and final day was spent canvassing the Capitol and meeting with legisla-





tive staffs. Dan and I met with six different offices, gave a PowerPoint presentation on the MMBA, and discussed our two main issues and their "asks":

#### **LAND USE / SPRAWL**

- \* Longer commutes times to trails, especially in SE MI.
- \* Loss of greenspace
- \* Rising cost to purchase greenspace

Asks --> Support Transportation Enhancements and Recreational Trails program, both of which build trails and secure green space

#### **NORTH COUNTRY TRAIL (NCT)**

- \* One of the most epic trails for mt. biking in Michigan
- \* Mountain biking is a legitimate and appropriate use
- \* We want to maintain our current access to the trail

Asks --> Support NCT Willing Seller legislation with the caveat that mountain biking and other appropriate non-motorized uses be fairly considered for all resulting land acquisitions

I'm sure Dan will agree, our outing was very successful. We put a polished and balanced face on mountain biking within Michigan. We also have returned with a wealth of new information and confidence to continue moving the MMBA forward.

Photos from the event are on-line at:  
<http://www.mmba.org/gallery/DCSummit04>

### **Michigan Legislative Update**

The following bills have all passed in the Senate.

#### **Senate Bill 1279 – Passed the Senate**

This bill would amend the Income Tax Act to permit an individual to designate on his or her tax return that \$2 or more of his or her income tax refund be contributed to the Michigan State Parks Endowment Fund. The Michigan State Parks Endowment Fund finances operations, maintenance, and capital improvements at State parks, and the acquisition of land or rights in land for State parks. The designation would be available for the 2004 tax year and each tax year thereafter.

#### **Senate Bill 1280**

The bill would create a Citizens Committee for Michigan State Parks, which would be required to recommend parks policy, provide guidance, educate the public, and perform other tasks. The Committee would consist of 17 individuals appointed by the Director of the Department of Natural Resources (DNR) and with the advice of the Natural Resources Commission.

#### **Senate Bill 1281**

The bill would require the Department of Natural Resources (DNR) to create a "Gem of the Parks" award to

recognize key State parks for their contribution to the State parks system; a "Volunteer of the Year" award to recognize outstanding individuals who donated time or money to the system; and an "Employee of the Year" award to recognize outstanding employees of the State parks system.

### **Southeast Michigan Parks Shuffle?**

The DNR Parks division is considering proposals for transferring some or all of the state's 30,000 acres of parkland within in Oakland County to other park agencies. The MMBA is a recognized key stakeholder and all the parties involved are working to gain our support.

#### **Background**

If you're read your recent MMBA newsletters, you know the dire financial crisis our DNR Parks division is in. This situation has led them to consider unloading parkland just to survive.

As also mentioned in our newsletters, Oakland County Parks was eyeing Pontiac Lake State Recreation Area. That's no longer true. They determined it wasn't cost effective.

#### **Huron-Clinton Metropolitan Authority**

However, the Metroparks are interested in Pontiac Lake. It's right next to their Indian Springs facility so there wouldn't be much additional administrative cost. They're also looking at Island Lake, which is next to Kensington and would nearly connect them with their Huron Meadows Metropark.

#### **Oakland County Parks**

The County Parks and Recreation are considering all of the remaining DNR parks within Oakland County. They created a special sub-committee to investigate possibilities. What they're promising is no new County water parks or golf courses. In fact, they may create a different park type called a "forest preserve" and maintain them much as they are now.

#### **What's our position?**

These transfers could be both good and bad. The obvious good point is the improved funding these parks would receive. The bad point is the old saying: "Better the devil you know than the devil you don't know." Changing land ownership could lead to changes in the traditional use and rustic nature of our DNR parks -- something we don't want.

It's also possible that these proposals will spur state legislation and public support to resolve the parks funding crisis, perhaps in the form of a ballot initiative. Right now, the political scene in Lansing is quite averse to pursuing such a measure. What we do know is we're continuing to be actively involved and we're going to collect all the information we can before making judgements.

Todd Scott Executive Director, MMBA [execdir@mmba.org](mailto:execdir@mmba.org)



## Michigan: Most active state?

Among the eleven largest states, Michigan ranked the most active according to a National Sporting Goods Association's recent survey. However, their idea of active may be different than you might imagine. It includes golf, bowling, power boating, and hunting – of which Michigan ranks well above the national average. That explains why we're the most "active" yet among the most obese.

Michigan's mountain biking participation level is just a notch below the national average, while we have the highest proportion of road cyclists.



## Frazz: Climbing to the Top

It's a patented Lance Armstrong move. When the timing is right, the opportunity is there, you take a chance and sprint past the field on a mountain stage.

Like Lance, Jef Mallett made his move. He'd always wanted to create a comic strip, the timing was right, and Frazz was born. From its first publication in April of 2001, Frazz is now carried nationwide in 150 papers, including the Detroit Free Press.

Jef was raised in Big Rapids and his addiction to cycling began with riding to school because he despised taking the bus. This addiction eventually grew as he entered his first triathlon in Traverse City before diving into road racing and racing the Grattan Series. Eventually he returned to triathlons and recently finished fifth as the Lansing Legislator race at Sleepy Hollow State Park.

And if you're an avid reader of the strip, you'll note that Frazz did the same triathlon.

For those less familiar with the cartoon, Frazz is a thirty-something school custodian who lives an idyllic life being around well-behaved kids and getting plenty of time to ride both on-road and off. "Frazz is who I want to be," says Jef. "Frazz is a just a regular, likeable guy."

Jef admits he hasn't had much time lately to go mountain biking on his Klein Rascal. Still, while the "Poto is a classic," Pontiac Lake's fast and open trail design better suited his "good enough but not great" skills. He also enjoys Highland and Yankee Springs, while always managing to break something at the Fort.

One other unique feature of the strip is Frazz often wears a T-shirt with a prominent logo, so we gave Jef an MMBA T-shirt for some future consideration.

ideas have come up in these discussions, and a Board committee on membership is working on them. It's a no-brainer that some of these programs-- direct mailings, outreach through shops-- are going to require an investment before they can yield results.

The Trail Ahead continued from page 2

Tomorrow's riders are today's Mountain Kids. Tomorrow's trails are the ones our FAFL volunteers build and maintain. Tomorrow's MMBA members are the ones we recruit today. A few years ago, the MMBA had a regular appeal, called "Trails for Tomorrow." Perhaps you remember it. It's an idea whose time has come-- again. But it's not just about the trails any more. In order to move forward, we need the funds to do all the things you members have asked for: advocacy, Mountain Kids, FAFL, a stronger membership base.

This fall, your MMBA will launch a year-end campaign-- an appeal to YOUR generosity, and your foresight, to help us keep these programs going strong. Programs that lie at the heart of our mission, and our love for the sport. When your mailing arrives, study it closely. If you agree that it represents a sound investment in tomorrow-- and yes, the Day After-- give what you can. "What would we do without trails?" Let's all pitch in, and make that question a hypothetical one.



# Learners' Stunt Trail at Michigan Tech

by Kathy Abbott

Mountain bikers come in various shapes, sizes and abilities. Some have a natural talent and no fear of traversing narrow bridges, jumping five-foot gaps, or riding up a ten-foot teeter-totter. At least that's what I tell myself when I go around those obstacles put in the trail by intrepid young riders. But we all have to start somewhere.

Andrew Zuehlke, a 16-year-old Boy Scout, has done something to help beginning riders get their stunt legs. He recently built a few obstacles on a loop of the Technical Time Trial course at Michigan Tech's Outdoor Recreation Area, obstacles intended for beginning riders to try out and gain confidence on before going on to bigger, scarier things.

A friend of Andrew's saw an article about a learners' park in IMBA's Sprockkids Guide and suggested that he use the idea for his Eagle Scout project. To become an Eagle Scout, he was required to plan, lead and execute a public service project, and, being a mountain biker, this sounded like an ideal project to him. He discussed the idea with Mike Abbott, Michigan Tech's Director of Sports and Recreation, and received funding for materials from the University.

Andrew's bridges are only six inches off the ground, and once a biker rides them, he/she may gain the confidence that he won't fall just because his wheels aren't flat on the ground. "This way riders can learn on lower, wider, easier bridges," Andrew said. He plans to put up signs instructing riders in the use of the obstacles, including one teeter-totter that looks a bit intimidating at first.

I took my six-year-old daughter Marika to the trails to try out the bridges. With no fear, she rode onto the first seven-foot long, two-foot wide bridge and almost immediately rode off the edge. But since she was only six inches off the ground, she kept right on pedaling. The next bridge was twice as long with a small angle in the middle. She squealed and took the bypass, but on the next round, she cleaned the first bridge and made it half-way across the second before riding off the edge. We looked at the teeter-totter and knew it was too much for a six-year-old to try, but it might be fun for a sixteen-year-old beginning rider. The teeter-totter is about seven feet long, and when a biker

rides up it and passes the mid-point, it tilts downward for them to ride down the other side.

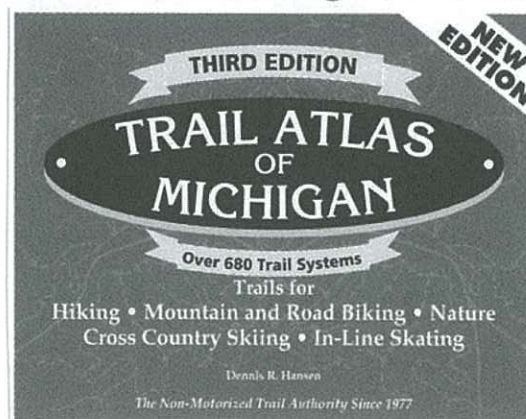
Some of us still won't jump those five-foot gaps. I, for one, am sure that I'd hit the other side of the hole and land on my face, ripping my nose off. Sensibly, Andrew didn't dig any large holes in the learners' trail. It's nice to know there's a place where novices can learn in a safe environment with the paralyzing fear factor removed. Upper Peninsula bikers can thank Andrew Zuehlke and Michigan Tech for providing this learners' trail.



Marika Abbott concentrates as she rides a bridge on Michigan Tech's Learners' Trail.

Photo by Kathy Abbott

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# Renegade Hawk

By Mark Kurz

I camped out at Pine Grove Campground in the Pigeon River Country Forest on Friday night. I had finished a nice ride down to the overlook on the Shingle Mill Pathway after a forty-five mile road ride earlier in the day. A good day's riding for me.

Saturday morning, my plan was to ride north on the High Country Pathway up to Centerline road and ride Clute/Osmun Road back to Pine Grove. I would like to say, I was really enjoying the ride. Not having to constantly dismount for trees and debris made the trip much nicer, I was cruising right along. Around nine tenths of a mile north of Webb road as I was threading my way along, I could hear quite a ruckus coming from the canopy above. As the trail was demanding my attention, I rode along with my focus on the trail as the sound got closer and louder. All of a sudden I looked up to see large hawk taking flight! As it passed behind me, I can remember thinking, "Oh no, I bet that's the hawk that Jeffery was talking about, I wonder if it will swoop down on me?" Just then...WHAM, the damn thing hammered me hard on the top of my helmet. I am not kidding you! It blew my head well forward and you can imagine the

noise it made in my helmet. As it swooped back around I started hauling butt to get out of there and I could hear it coming down on me again but it only grazed my head the second time. It landed in a tree a little up the trail and screamed at me but good. By this time I was actually becoming afraid of this bird. It flew to another tree just behind me and I was able to back away without any further attacks. About half a mile down the trail I came to sunny spot and stopped to have a look at my helmet. I found four little cuts, two on each side. On the right side cut, right where the plastic meets the foam, four or five of my hairs were embedded into the foam. Pulled out by the roots!! Is that not too cool? Has to be the coolest thing that has ever happened to me while riding. One of the benefits of riding, I think! For the rest of the ride up to Centerline Road, the trail was clear and much easier to navigate.

So if you are riding the High Country Pathway PLEASE... watch for the 'Renegade Hawk', it has some serious attitude. Pedal for your Head

**NOTE:** The hawk that Mark encountered is the Northern Goshawk. Northern Goshawks are large birds, 20 to 23 inches long with a wingspan of 40 to 43 inches. It is fearless in defense of it's nest and will boldly attack anyone who ventures too close. - Jamie Green



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## Participate in Take a Kid Mountain Biking Day - October 2nd

*IMBA press release:* Imagine your favorite off-road trail through the eyes of a 10-year-old. A ride where reaching the top of a climb is like conquering Mt. Everest and the thrill of the winding decent takes their breath away as they pedal through the woods. Mountain biking is one adrenaline-packed adventure Play Station just can't deliver.

In an effort to get kids back on bikes and back outdoors, IMBA will celebrate the first annual National Take a Kid Mountain Biking Day on Saturday, Oct.

2. This is a great opportunity for you to pass your passion for pedaling on to kids - and have the chance to win a matching set of three Schwinn kids mountain bikes!

Participating is as easy as 1, 2 or 3.

1. Organize a ride in your local area. IMBA can help you plan an event - either large or small; please register so that we can announce your ride on the IMBA website. You'll be entered in a drawing for a matching set of three Schwinn kids mountain bikes - the perfect prize for any kids cycling group or youth program. Register here: <http://www.imba.com/resources/kids/registration.html>

2. Spread the word.

This event is a great opportunity for kids and groups to experience mountain biking for the first time or to get back on the saddle again. Tell everyone you know.

3. Take a kid on a ride.

Plan to go mountain biking on Oct. 2 - and bring a kid along for the ride! Register your participation for a chance to win a matching set of three Schwinn kids mountain bikes. Register here:

<http://www.imba.com/resources/kids/registration.html>

Already go mountain biking with kids? We want to hear from you! If you already take your (or someone else's) kid mountain biking, please share your stories with us.

We are gathering riders' experiences to post on the IMBA website. If you'd be willing to share your story, send an email to [kids@imba.com](mailto:kids@imba.com).

For additional resources and information about National Take a Kid Mountain Biking and for up-to-date event locations, please visit <http://www.imba.com/resources/kids>

Take a Kid Mountain Biking Day Background



Photo by Bryan Mitchell | [www.mountainbikemichigan.com](http://www.mountainbikemichigan.com)

IMBA National Take a Kid Mountain Biking Day celebrates the life of Jack Doub, an avid teenage mountain biker from North Carolina who had a true passion for the sport from an early age but passed away in 2002. Funding is provided by the Jack Doub Memorial Endowment, Schwinn Bicycles and the Goldsmith-Greenfield Foundation.





# Wow for BOW!

By Kathy Millar

After eight years of riding my sister's hand-me-down-mountain-bike that was too big and too stiff, I decided to take the jump and buy my own. After much research, some great advice, and lots of test rides, I picked a bike and was ready to head out on the trail. Or was I? The trail seemed daunting, and I seemed terribly out of shape and lacked confidence. The timing was perfect when I got an invitation to the MMBA and DNR's women-only Becoming an Outdoor Woman (BOW) Mountain Bike Symposium. I jumped at the opportunity but wasn't really sure what I was getting into.

I arrived early Saturday morning on a perfect Michigan summer day, blue sky, white accent clouds, cool breezes, and warm temperatures. Bagels and bananas were provided to give us the right body fuel, and the day's activities were explained. My group was hitting the trail first. Bike, check. Helmet, check. Water bottle, check. And off we went to ride Michigan single track at Stoney Creek Metro Park.

The riders (teachers) we went with were both very talented and very encouraging. The trail was out-of-this-world amazing, and the mountain biking was very challenging! I rode with the intermediate

group because I wanted to be pushed and challenged, and that is exactly what happened. Never did I feel over stressed or unsafe, but constantly through each learning experience, I was supported, encouraged, and celebrated. We rode over log piles, attempted rock gardens, climbed hills and made steep descents, and then we rode through the "roller coaster." WOW.

After the BOW symposium, I feel like I am well on my way to becoming a mountain biker. The Mountain Biking 101 class was very educational, and the Maintenance Class put me in a position of self-reliance. I missed the racing clinic, but I heard it was also very informational and inspiring. Another benefit of the clinic is that I met an abundant number of incredibly nice people. There were lots of amazing women and mountain bikers there that made the whole experience fun and enjoyable.

Thank you, Tom Lining, for organizing such a great event and all of the teachers and riders who came out to share their knowledge and experience. Thank you to all the women that came and rode and made the day so eventful. Without a doubt, I would recommend this clinic to anybody interested in learning to ride, increasing their riding skills, or just enjoying a day of mountain biking, fellow mountain bikers, and Michigan single track! See you on the trail and over the log piles!



Photos by Tom Lining | [www.luv2mtb.net](http://www.luv2mtb.net)





# Mountain biking in Munising

## By Gary Anderson

Just in case there are a few of you out there that haven't visited Munising for some fine quality mountain biking, every mountain biker needs to go and experience it at least once in their life! It is worth the 6 and a half hour drive.

I was just up there about a month ago with a couple of buddies and we rode one of the best trails in Michigan – Bruno's Run. The other great one to check out in that area is Grand Island. It was my seventh time riding Bruno's, fifth time at Grand. I try to make it up there every year if I can and make a long weekend of it.

Bruno's is about 10 miles south of town off of Forest road 13, about 10 miles in length and passes by about 6-7 small beautiful lakes and is very rolling terrain, not really difficult, but not easy either. The majority of the trail is covered in reddish pine needles and well maintained. The trail is well marked with little square markers with a black bear (Bruno) on an orange circle and the traditional blue dots or diamonds on the trees. I was like a man possessed this year and rode it faster than ever in both directions, it was so much fun that I couldn't help smiling the whole time. We always park at Pete's Lake Campground which has a really nice swimming area with picnic tables and outhouses.

After riding a loop or two there is nothing better than going for a cool swim in Pete's Lake followed by some ice cold Canadian beers and maybe a party to

go with. You hardly ever encounter anyone else on the trail; however, this year we passed a few riders and a couple of hikers who were also smiling. Cool time.

Grand Island is definitely worth the trip also, but do it on the next day, we did both one year and it really fried us. To get there you have to take a pontoon from the Grand Island dock which is down the street from the Pictured Rocks tours and this year it was \$18 including your bike for the round trip, the girl said that it was going up next year. The pontoon makes runs about every 2 hours, but plan accordingly so that you don't get left on the island (not a good thing if you're not prepared to do so!) It is about 22 miles around the outside perimeter and you can ride it in about 2-3 hours depending upon how fast you ride and how much sightseeing you do, which there is an abundance of by the way. The north shore of the island has 200+ foot sandstone cliffs that resemble Pictured Rocks, the east side has a pristine white sand beach and you might get lucky and see some wildlife. For the second time, less than a mile into the trail, we spotted a black bear and one year I saw a bald eagle soaring just off shore on the southern coast. The first half starts out flat, but has some long climbs, but you are rewarded on the second half by some fast downhill. The trail surface is half jeep style two track and half singletrack with lots of rocks and you will see some rustic style cottages along the way. It is an experience that you won't forget!!

## Go Lance Go!

Hey is that MMBA CPS director Shari Scurr cheering on Lance Armstrong in the Tour De France? (left side of photo) Sure is! Shari and her husband Robin Scurr manage to talk their way up L'Alpe d'Huez to catch Lance and the rest of the riders racing up the mountain in the individual time trial during Stage 16 of this years Tour de France. Even though the road leading up the mountain was already closed to traffic they must have used their Michigan charm on the local authorities and were waved through. You can get more details from Shari, I think she likes telling the story. So they found a spot to park about half way up and slept in the car until the race up the mountain started. Robin picked a great spot across the road from Shari to snap this photo for a great souvenir!





# 2004 MMBA Championship Point Series



Kids—Beginner—Sport—Expert—Pro/Elite  
Ranking based on your best 8 finishes  
*Racing on Michigan's Best Venues!*

For additional information: [www.MMBA.org](http://www.MMBA.org)

Fun Promotions (616) 453-4245 / Oakland County Parks (248) 858-4647 / Tailwind Enterprises (248) 634-6178

## *Only Two CPS races are left!*

<b>12</b>	September 26 <sup>th</sup> Grand Rapids	<b>Pando Challenge</b> <i>Fun Promotions</i>
<b>13</b>	October 10 <sup>th</sup> Boyne City	<b>Boyne Challenge</b> <i>Fun Promotions</i>

The CPS is winding down the 2004 season. Many of the classes have the top two or three points leaders separated by only 10 or 20 points. This includes the men's elite class with less than 20 points between Rob Cotton and Niel Scharphorn. Doing well at the last two races could make a huge difference in this years champions. Remember you can always check the series standings at [www.scurr.com](http://www.scurr.com)



Photos by Bryan Mitchell ([www.mountainbikemichigan.com](http://www.mountainbikemichigan.com))



Always check with promoter for information, current start times, race applications, pre-register dates and date of events. All dates on public properties are subject to land manager considerations and it is up to the rider to make sure that times and dates are current and correct. You do not have to be an MMBA member to ride in any of the races listed. However an MMBA membership and an annual \$5 tabulated fee are required to be scored in the points series. It is highly recommended that you renew your membership in the MMBA and pay the tabulation fee prior to the first race you want to count in the MMBA/CPS regardless of when your current membership expires.

Inquiries regarding the MMBA Championship Points Series may be directed to:

MMBA CPS Director Shari Scurr - [cps@mmba.org](mailto:cps@mmba.org) | For more info go to: <http://www.mmba.org/racing.htm#cats>



# MMBA gets grant money for REI

**This Just In...** The MMBA Trail Building School has been awarded an REI Outdoor Recreation Grant in the amount of \$3,500, plus \$500 in REI merchandise. The nomination was made by the employees of the Troy REI store. The funds will be used to purchase program materials for all three courses, and to equip newly-certified Trail Coordinators with the tools and supplies they'll need in their duties. Thanks, REI!

Watch the "Advocacy" Forum at [www.mmba.org](http://www.mmba.org) for announcements of upcoming Trail School sessions. We plan to offer the Trail Worker/Crew Chief courses this fall, and again in the spring. The Trail Coordinator course will next be offered in the spring as well.



2004 Spring trail building school at Maybury State Park.

## Michigan Youth Cycling Scholarship Program

The Michigan Youth Cycling Program would like to recognize a student athlete at the completion of the 2004 Subaru Iceman Cometh Challenge. This is a cyclist who has made a commitment to cycling and represents the values of good Character, Courage, Goal Setting and Self-discipline through friendly competition. We recognize that racers sacrifice time, money, and energy to represent their team, family and cycling, often with little support from those outside the cycling community. The MYCP would like to recognize this hard work by awarding scholarships to a deserving individual in an effort to support their educational endeavors.

In 2004 Kids Race Sports Development Inc proud organizers of the Michigan Youth Cycling Program will award to the Fastest Male and Female 18 and under rider a scholarship for their educational endeavors. Steve Brown (Iceman) has donated 5 entries for the 2004 Subaru Iceman Cometh Challenge, to the Michigan Youth Cycling program to be auctioned off on e-bay. The entry forms will be ready for bidding on Monday September 20, 2004. We will

auction off one entry form per week for 5 weeks, at the end of each week; the highest bidder will purchase that week's entry form.

Five riders will compete in this years 2004 Iceman Cometh, knowing that they took part, not only in the growth of a youth, but also the growth of cycling. The amount of the Scholarship will be determined by the amount we raise. 100% of proceeds from this event will be used for our Scholarship programs. If you would like to send a donation, please send Check or Money order to:

Kids Race Sports Development Inc.  
Scholarship Program  
P.O. Box 942  
Pinckney, MI 48169

Make check payable to: Kids Race Sports Development  
Kids Race Sports Development, Inc is a non-profit corporation, which is tax-exempt under Section 501(c)(3) of the Internal Revenue Code. Contributions or gifts to Kids Race Sports Development, Inc may be deductible as charitable contributions for Federal income tax purposes.



# Road Trip: High Country Pathway

By Bryan Mitchell

"We can make it Chris!" I said to Crispy while we sat on a rock grabbing a bite to eat. All the while trying to convince myself that we would finish even though I knew getting a late start was going to catch up with us. We were riding the 80 mile High Country Pathway near Gaylord in northern Michigan, and trying to ride it in one day. Impossible?

No, because others have done it. But right then it felt impossible since we had only gone 45 miles in 8 hours!

Mistake #1, Overconfidence. "I think we can ride it in 10 hours", yeah right. This just made our other mistakes worse. Both Chris "Crispy" Filipiak and I are good riders, expert/elite racers and have gone on many adventure rides in Michigan, North Carolina, and West Virginia. We ride in the dark, often, with and without lights. But we were still too cocky!

Mistake #2, Timing. We started too late! Our plan was to start from the Clear Lake State Park Campground before 7:00 A.M. So when we didn't leave until 8:00 I was still confident, but somewhere in the back of my brain knew it could bite us later on.

So we were now ridding and around mile 6 we lost the trail hunting around for it for 10 or 15 minutes. No big deal at the time because we knew this would happen and thought we had planned for losing the trail a few times. The further we rode the trail increasingly became more overgrown which made the pace really slow. It was hard to even see the trail at times, the ferns and underbrush were so thick. But we pushed on past the Tomahawk Creek Flooding, a very scenic lake, once stopping at one of the road crossings to watch a coyote that was watching us. I howled to it and the animal just stared at us like we were nuts, before running off into the woods.

After riding past Shoeapac Lake Campground things got really thick. From here until crossing back over Highway M-33 the overgrowth was bad. Ferns are 5 feet tall, picker bushes and logs you can't even see. We lost the trail a few more times which



ate up some more time. It was slow going, but I knew this would be the worst part and still thought we were on time.

Once west of M-33 the going got better. We still had slow, thick sections but not as bad as east of M-33. At the top of the first climb west of the highway we decided to stop, eat and enjoy a great view of the Black River valley below.

Mistake #3 Estimating Speed. We definitely underestimated how slow it would be. We were only 4 hours into the trip and had only gone 24 miles! I knew it would be slow but not that slow! Others

who have done this trail told us that the trail improves and the pace picks up after 30 or 40 miles. I wasn't convinced now.

So we rode down the switchbacks from our scenic lunch spot to the Black River and crossed an old rickety bridge. Over the next 20 miles or so we rode through thick brush, a few climbs, clear cut areas, Jack Pine forest and some cedar swamps. A very cool aspect of this trail is all the environments you get to ride through. Riding the cedar swamps was a blast. Most of them had 10 inch wide planked bridges running through them to ride on. Some twists in the bridges added more challenge along



with step ups and drop downs. Although later, an afternoon rain made a long section of bridges we encountered very wet and VERY slippery. Exhausted, we decided to walk those which was a challenge in itself.

So Chris was getting hungry again but I wanted to push on a little farther because I knew we should be reaching the Pine Grove Campground soon. Here we ate again and re-filled our camelbacks and water bottles. It was great to get another break after reaching Pine Grove, but frustrating that we had only gone 45 miles in 8 hours! Amazingly we were still ahead of the pace of others that had conquered the whole trail in a single day. So we assumed the trail would get better and the pace would quicken. After about a 25 minute break we crossed the Pigeon River. The bridge has been removed but the crossing was easy, maybe only 2 feet deep.

Now even though there was more climbing, the pace did quicken some, particularly when we hit the Shingle Mill Pathway which is a short loop the HCP joins for awhile and is maintained quite well. So the pace really picked up, but would it last?

Along this section we avoided a near disaster. Clipping along a slight downhill at about 25 mph I came up to a very wide bridge, no big thing, I didn't even think about it. Next thing I knew I am falling, no, launching off the bridge down into the creek 5 feet below. My hands had been getting very tired and sore and as I stood slightly while crossing the bridge my sweat soaked glove of my left hand slipped off the bars causing them to spin which launched me! I laid there in the stream listening to Crispy yelling to me "are you alive", all the while doing the mental check of "Am-I-okay?" You know, that check we all do after a bad crash. My legs hurt but I knew nothing was broke and I started to laugh because I knew how lucky I was. My legs were bruised and cut up but thankfully I had a camelback on which protected my back. My neck was really stiff and that resulted in a killer headache that made wanting to continue riding difficult. Getting out of the creek and "walking it off" slowed us down a bit more but we were soon on our way again.

We felt we were still making good time, until we got to a road crossing where we saw a sign telling us another bridge was out across the Black River and the water could be deep because of a beaver dam. It suggested we take a 4 mile detour which bummed us out because we knew we were pushing our luck with daylight. Oh and it began to rain. We didn't know if the sign meant 4 extra miles or if it will be the same distance but on the road. So we decided to stay on the trail and hopefully find a way to cross the river. Besides, we were on an adventure and didn't want wimp out at this point and ride the road. In retrospect, we guess the detour would have taken 15 minutes when the trail took us over an hour to the spot they intersected.

We arrived at the river to find the beaver dam was really there and the bridge was really gone. The water looked deep where the bridge once was so we decided to trudge through the swampy water and ford the river on the low side of the dam. The water here was about 3 feet at the deepest point. After crossing and

then walking some wet and very slippery plank bridges we started riding again trying to hustle along because we were "gonna make it". Especially since we looked at the map and got very excited thinking we were close to finishing. Turns out later we read the map wrong on where we crossed the river.

Mistake #4 Neglecting Illumination. Had we taken at least one bike light, we would have finished the trail.

It was getting dark now and we soldiered on with our well-honed nighttime, no-lights-ninja-riding abilities. Finally, it became so dark that we pulled out a mini flashlight to see the trail markings, blue blazes on trees and posts. The light worked for about 5 minutes, no extra batteries. Oops, another mistake.

Mistake #5 Underestimating Fuel. So there we were in the dark soaking wet, cold, out of food, both of us bonking, still on the trail but kind of lost and very hungry. We moved just a little further until we lost the trail again; trying to find the blue blaze we saw this huge campfire off to the left and Crispy said, "that is where we are going."

So we huffed it through the brush to talk to the firekeepers. I kept thinking we were either going to scare the crap out of these people and or they were going to shoot us. Approaching the fire, we talked to the first guy we saw about what roads we were near but he didn't know where he was, he rented the cabin. Crispy tried to hint around for a ride, but I would have none of it. Damn it, we were finishing this trail! We hit the second cabin full of weed smoke and talk to a shaggy old dude



who offered us some water and told us how to ride on the road 8 miles back to our camp. Crispy asked for a ride but again I said we didn't need one. We will make it! We started back on our bikes riding down the road, very cold now with temps dropping in the 40's. We were on County Road 622 near Rouse Road. We passed another cabin and I reluctantly conceded saying "okay Chris, let's go see if someone here will give us a ride." Not happy at all about our failure it was still the smart thing to do in a day full of mistakes. So our new friend Jeff was kind enough to get us back to the campground and not even complain about how bad we smelled.

So finally around midnight I laid in my sleeping bag thinking about the day, the adventure, but mostly about how we didn't make it.

"Man, we are both real good riders, what's up with that?", I thought to myself.

But then I remember something Jeff said to us, "You know if you would have made it and everything went perfect there wouldn't be as good of stories to tell." Thanks Jeff for the ride and words of wisdom!

I can't wait to do it again!

*(For a few tips if you decide to go see page 19.)*

Photos by Bryan Mitchell | [www.mountainbikemichigan.com](http://www.mountainbikemichigan.com)





## MOUNTAIN KIDS CORNER

This summer was very busy for the Mt. Kids Program! Thanks to all the volunteers who helped with the events and to those who donated money to such a great program. Look for even more events in 2005 and including more events in Northern Michigan!

Sarah Manning-Mountain Kids Program Director

This year has been a busy season for the Mountain Kids program. We supported the Oakland County Parks Wild Adventures Day Camps at Addison Oaks with a mountain bike outing for 30-40 kids each day. We were out there for three days during the summer. The kids came from a wide variety of backgrounds from all over Oakland County.

We also traveled up north to Hanson Hills to support the Northern Chapter's desire to start their own Mountain Kids program. Tom Klinkman and I provided the bikes and they ran the event. They have acquired 6 bikes and are looking for helmets and other accessories to start their program. Hopefully their program will be up and running by next summer. I think it will have a positive impact on many kids in northern Michigan.

Bloomfield Hills Parks and Recreation and Youth Assistance attended a Mountain Kids event at Novi Lakeshore Park on Friday, June 25th. Novi was a great trail system for a Mountain Kids event since it has a wide variety of singletrack and double-track. The kids seemed to have fun checking out the trails and riding through mud puddles. They had a lot of fun sharing stories of mud, scratches and



hitting trees.

The Mountain Kids program is in the process of cleaning and assessing our fleet of bikes. Many of them are in need of new parts, for they've been ridden for many years and it's time to start replacing components. We are starting a fundraiser to help with the cost of replacement parts and bikes. Keep an eye out in your mailbox later this fall for a request of donations towards Mountain Kids and First Across the Finish Line. You will be able to choose which program(s) you would like to make a donation.

I would like to especially thank all of the volunteers that have helped with events

this past summer. All of you help the kids to have a great time riding a mountain bike out in the woods. Many of them have never had that experience before and are able to walk away with a memory that they will never forget. This program wouldn't be successful without all of your help.

Again thanks to everyone for your support of Mountain Kids. If you are interested in scheduling a Mountain Kids event for next summer please send an e-mail to [mountainkids@mmba.org](mailto:mountainkids@mmba.org).

Photo by Bryan Mitchell | [www.mountainbikemichigan.com](http://www.mountainbikemichigan.com)



## **Holly/Flint Chapter News**

As fall and hunting season closes in we tend to think that our days of trail maintenance are done. Not so in the Holly/Flint chapter!

### **Seven Lakes:**

Seven Lakes trail coordinator Ron Stack is ramping up on building the water crossings and completing the signage on the trail. Contact Ron at Cyclefit (810-7502348) or send an email to [hollyflint@mmba.org](mailto:hollyflint@mmba.org) to find out about upcoming work. There is prep work that needs to be completed so even if you don't want, or can't make a regular trail day. Give Ron a call and he can let you know the schedule.

### **Ruby Campground**

The Ruby Campground crew has rebuilt and rerouted the trail to make it longer and more sustainable including some water crossings (not across the river, you still have to ride that) to take care of some wet spots. I stopped in for one of their trail days this year and they have an enthusiastic and hard working crew out there. Contact the Bike Barn in Port Huron for trail conditions and work days.

### **Holdridge Lakes**

The Holdridge crew has been working along battling the autumn olive and rose bushes. The trail tread needs work. Contact Tony Klein at 810 629-3442 if you'd like to help out there. - Mary Ann

## **Southwest Chapter News**

The MMBA Championship Point Series is nearing those critical fall races don't miss out on the exciting action. Would I be accused of causing paranoia or mass hysteria by telling you that there are riders lurking in the north woods that will surpass your season total score if you don't do the final races? "NAH!"

The Duane Chambers Fort Custer Time Trial was well attended. I hope everyone had a great time. A few riders were victims of a cruel prank. Some course markings were removed resulting in a few riders missing an important turn. Restarts were made by some and the rest were given free entry top the next race. One unlucky racer, riding without spares or tools, asked for a tube so that he could ride back instead of walking. Riding or racing a mountain bike requires the rider to be self sufficient. This poor guy didn't learn anything that day. I guess I'm just too soft and sympathetic. He repaid me for the courtesy by leaving a snake bit tube in my truck. In the end I guess it is me learning the lesson.

The Ore to Shore continues to grow. 990 plus riders in the short version. Paul Hakes had never done a mass start before and is still talking about how much noise two

thousand knobby tires can make on pavement. It's good to see success of the shorter version, it take a super athlete to do 47 miles at race pace. My sympathy to those wishing they had chosen the shorter ride.

The Iceman Cometh field was filled very early this year. Am I the only one wondering how many would sign up if the limit were removed? This year's weather would make you think this could be one of the coldest, snowiest Iceman Cometh races ever. Let's hope for 10 degrees and 8 inches of snow.

Yahoo! Do mountain bikers love torture, or what?

Check those lights. Cycle your batteries and make sure they haven't lost capacity. If your batteries aren't good, think about upgrading to HID lighting system. They are so bright that a conventional halogen or krypton light becomes a shadow. Expensive yes, but prices are coming down. You can save a few bucks by getting the low tech NiCad battery instead of the NMH. New technology LED's? Buy one for backup. They are inexpensive and burn a long time on disposable batteries. Oh! And get the helmet mount. You can use it for cross country skiing, snow shoeing, cleaning fish in the dark, you get the idea. Also, a handle bar mount shines in the wrong direction when you counter steer to begin a turn.

Andrew Jevicks has been with us here at the Fort Custer Rec Area for several months on temporary assignment. Andrew has improved moral amongst the crew here and the overall condition of the facilities has never been better. The Southwest Chapter would like wish Andrew good luck and a thank you for all you have done for trail users during his stay. I'm sure Andrew will be called upon again for his leadership skills. - Mike Needham

## **Southeast Chapter News**

2004 has been an eventful year with the first ever MTB race at Novi's Lakeshore park (AKA Novi Tree Farm), introduction of the new trail building classes, re-routes at Maybury, group rides, and the surge of "Epic" group rides. Don't forget the best time of year is just around the corner...Fall riding season with no bugs, lots of scenic color, crisp air, and best of all no more humidity. We still have some more events and trail workdays planned for 2004 including the Lakeshore Park sign installation project, Island Lake re-routes and restoration, and possibly more Maybury re-routes.

### **Events / Group Rides:**

The annual SE Chapter BBBB (B4) BBQ is slated for Sunday October 17th (location to be determined). Look for more details on the BB and MMBA calendar. IF you would like to learn more about the BBBB check out <http://trails-edge.com/bbbb03/bbbb03.htm>

Marty Shue has started a new mini clinic for beginner women riders go to



<http://www.8dot3.com/PostNuke/html/index.php> for more details on here GOT MTB rides.

The "Novi Nights" group ride is still going strong, all levels, genders, and skills of rider are welcome to join. This is a NO DROP ride that starts every Tuesday at Lakeshore Park (AKA Novi Tree Farm) at 6:30pm with 15 minute rule for stragglers. This ride goes all year long so plan for the weather and darkness.

#### **Trail Work:**

##### Island Lake: (ILRA)

One of the most used trails in our chapter has had an unusually large volume of sand (as have other trails) this season. Sparking debate about the MMBA's work, involvement, and dedication to the trail. Rest assured we are still working on this trail. Dan Harrison and John Burt have had re-routes planned for some time and are waiting for final approval. While John had stepped out as trail coordinator for a while he has returned along with new trail coordinator Rich Ouellette to get this trail back in shape. The MMBA has bright 3 initial locations to the DNR's attention and hope to get approval for some fall and spring workdays. Look for more details as they arise on the MMBA BB and calendar.

##### Maybury:

Dave Porier has worked carefully with the DNR to get some badly needed re-routes taken care of. While we have a few done, there are still several small areas we will be looking at closely with the park management. We have a proposal into the DNR to hopefully enlarge the parking area off Beck road and put us back to this as a main parking lot. Dave submitted the proposal and worked with not only the DNR but also Equestrian organizations and other user groups in the park to form a working plan for everyone.

##### Lakeshore Park (AKA Novi Tree Farm):

If you missed it don't worry I am sure Kevin is working out a deal to allow us to hold more races at Lakeshore Park...The first ever race was a great success and the bridge fundraiser has proven to be a great way to raise some extra money for the badly needed bridges. The latest news is that the SE Chapter MMBA has partnered up with the city of Novi to work on the new signage system for the trails. This will include not only MTB trail but also the 2 track and hiking trails that we bikers often use. The first workday to install some of these signs is slated for October 30th keep checking the MMBA BB and calendar for more details.

##### Hines Park Project:

Well we are still trying to get final approval from Wayne Co. We have submitted drawings that outline the proposed trail and are hoping to get some final word shortly. The initial trail should be 1.5 – 2.5 miles of fun single track. For those who are unfamiliar with Hines Park Drive, it follows the Rouge River from Northville to Dearborn. Our project will hopefully open up the possibility of additional

small single track sections along the Hines Park pathway. This projects which was initiated by Matt Kowalczyk (including his formal proposal) is taking a while, but once official will prove to be worth the ait.

##### Stony Creek:

While we have had some initial approvals and even support of Stony Creek Metro Park (whom have donated a sizable amount) to the project we are being held up by a few minor details...hopefully this will all be worked out by the end of the year so we can get this off the ground (no pun intended). Mike Moss and Rob Elliot are still working hard to achieve this loft goal which will consist of a 2 phase project including new XC trails and Skills area. The official MMBA proposal is online in the library for review. If you want to get involved please e-mail [south-east@mmba.org](mailto:south-east@mmba.org) and check the MMBA Bulletin Board for details.

#### **Western Chapter News**

We are having exciting times in the Western Chapter. The IMBA Trail Care Crew (Chris and Jill) came through and assisted Dennis Murphy with reviewing plans for Luton Park in Kent County. Their input was extremely helpful. Luton Park project is advancing, the county landscape architect has provided a topographical map and the next step is to plot out a potential corridor.

The next chapter meeting is Sept 14th. It is also the last day that riding at CGSA is allowed. Owasispe opened up to riding again as of August 15th after the Boy Scout camping season ended.

#### **Poto Chapter News**

##### **Upcoming Events**

- \* Chapter Meeting, Arbor Brewing Company, Ann Arbor, Sept. 29, 7:30pm
- \* Batman Ride (Night Ride), Pinckney Rec. Area, Oct. 9, 7:30pm
- \* Potawatomi Trail Workday, Pinckney Rec. Area, Oct. 10, 9:30am
- \* Abominable Snowman Ride, Pinckney Rec. Area, Dec 11, 10:00am

##### **Poto Updates**

A lot of work has been done this year on the Potawatomi as a result of all the rain. Thanks for all the help from our volunteers. With all the work that needed to be done a new chain saw and gas trimmer where purchased by the chapter to make our jobs easier. Your dollars are being used to keep the trail fun and safe to ride.

The Park Management is planning new boardwalk for the trail that runs parallel to Doyle road in Gosling Lake loop. I (Robert Hurley) will be sending out a note asking for your help to build the boardwalk.



### Brighton Updates

Just like the Potawatomi the rain has hit the Brighton trail hard. Recent trail workdays have focused on a number of down hills that needed to be reworked. Rework consisted of adding drainage ditched, removing burms and filling in low areas. Also, thought out the year lost of trimming has been performed. Thanks for all you hard work volunteers.

### Northeast Park Updates

Northeast Park, located on the northern out-skirts of Ann Arbor, has been going through a major renovation for about a year now. Bill Meyer, who has been leading the effort to redesign the mountain bike trails, has given the following update; "We hope to start building controlled stunts and rock garden in a month or two. Should be done by the end of fall this year. Currently Northeast Park is officially closed and you cannot park your vehicle their. Unofficially the trail is open to MTBs, must park on street or ride your bike in. Park officially opens summer 2005." If you would like to be added to Bill's work list send him an e-mail at (billmayer@comcat.net).

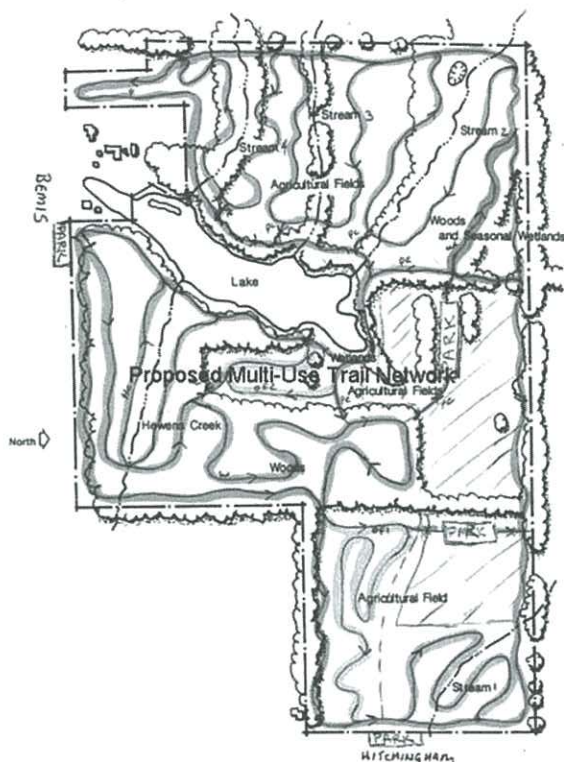
### New Multi-Use Trail Approved in Ypsilanti

The City/Township of Ypsilanti has approved a new multi-use trail system. The new trails will be located in Hewens Creek Park. The planned trail system will be similar to Northeast Park, but will be 3 times larger. It is estimated that 15 miles of trail can be built. It is hoped that construction will begin end of 2004. The map provided in very preliminary and will defiantly change.

Long Live Long Rides

Robert Hurley-President Potawatomi Chapter MMBA

Proposed Multi-Use Trail Network



## Clipping Trees

By  
Thumb Shifter  
(Apologies to Joyce Kilmer)

I think that I shall never see  
A poem as scary as a tree;

A tree with trunk and branches pressed  
Against my shoulders, head or chest;

A tree that reaches toward the trail  
Can make me feel I have to bail;

How many times they've made me crash  
I fear my bike and bod they'll thrash;

While flying through each single turn  
They grab at me with certain yearn;

I try to pass them by so fast  
Afraid I'll end up in a cast;

But a tree who knocks me off my line  
Come trail day will look just fine!



### Contribute!

Want to get published in the BRB? The BRB welcomes submissions and artwork from MMBA members. This is your newsletters so send stuff! Email your story ideas, stories and photos to [brb@mmba.org](mailto:brb@mmba.org). If you can't email items or have questions call Bryan Mitchell at 248-349-1937. Keep the stories short and about Michigan or Michigan Riders. Email copy in the body of the email with no formatting or better yet in a Microsoft Word document, again with no formatting.

**Photo guidelines:** Make sure photos are in focus, the subject is fairly close and they are interesting. Also try to make sure faces are lit well. Email photos to [bryan@bryanmitchell.com](mailto:bryan@bryanmitchell.com). Keep the files large. Try to send sizes of at least 5X7 at a resolution of 300ppi. (2000X2000 pixels and a file size of at least 2 mb) Email photos as JPEG attachments and don't imbed them in documents like Microsoft Word. (make sure they have .jpg at the end of the file name).



# MEMBER SHOPS

The stores and services listed below are MMBA Members as of September 1st 2004. Those listed in bold text give 10% discounts to members!

## **Allen Park**

Roll Models Cycle & Fitness  
(313) 382-1990

## **Ann Arbor**

Great Lakes Cycling & Fitness  
(734) 668-6484  
www.greatlaksecycling.com

## **Beulah**

Bent Crank Cyclery  
(231) 882-7793

## **Birmingham**

Bike USA, Inc.  
(248) 594-8850

## **Brighton**

K2 Bike  
(810) 632-6325  
www.k2bike.com

## **Dexter**

Dexter Bike and Sport  
(734) 426-5900  
www.dexterbikeandsport.com

## **East Lansing**

Denny's Cycle Sports  
(517) 351-2000

## **Flint**

Assenmacher's Hill Road Cycling  
(810) 232-2994  
www.assenmachers.com

## **Gaylord**

Latitude 45 Cycle & Sport  
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Please send corrections to [BRB@MMBA.ORG](mailto:BRB@MMBA.ORG) or call (248) 349-1937

## **Riding the High Country Pathway** Tips if you go:

- Have a map and compass
- The campground at Clear Lake State Park is a good starting point. It's kind of crowded and more like tailgating at a college football game but they do have hot showers. It's on M-33

about 9 miles north of Atlanta, Michigan. (Take I-75 to Gaylord, exit onto M-32 and take that to M-33 in Atlanta. The HCP crosses M-33 about 1 1/2 miles south of the park entrance.

- Ride the trail counterclockwise from here. Get the most overgrown and slowest part of the trail done first. This is over 40 miles.
- Take or stash at least 1 bike light. The best plans can go to hell in a flash. You could stash your lights along county road 622 near Rouse road or Black River Road or Camp 30 road, see the map.



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**F.Y.I**

Were was this issues cover image photographed? If you know which trail it is be the first to email Bryan Mitchell (BRB editor) at [brb@mmba.org](mailto:brb@mmba.org) with the correct answer and get a Lance Armstrong Foundation Live Strong band. (Not much, but all I have.)

- Make certain your bike computer is calibrated and trust it.
- Plan on at least 12 hours total time but 14 is more realistic. Our total time at 73 miles and about 10 miles to go was 13 ½ hours. That included breaks, losing the trail and photos. Ride time at that point was about 11 to 11 ½ hours. I have heard of people riding the trail in 11 or 11 ½ hours but I don't know if that is just ride time and not total time including breaks. If this is the case they are super-fit!
- You will have to ride or walk the 10 inch wide planks through the cedar swamps.
- There are no bridges across the Pigeon River at Pine Grove Campground or over the Black River south of Chandler Dam Road.
- The Pine Grove Campground is a good place to refill your

water. We each had a 100 ml Camelback and two 20 ounce water bottles with Gatorade.

- Wear something to protect your shins from being scratched and cut up. Crispy turned his knee warmers upside-down, I just got cut up.
- Watch for the blue blaze trail markers especially at road crossings. The section east of M-33 can be tricky in spots but most of the trail isn't too bad to follow.

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